

THE LEADER

Warriors of the North



Vol. 40, No. 37

Grand Forks Air Force Base, North Dakota

Sept. 16, 2005

A slice of heritage



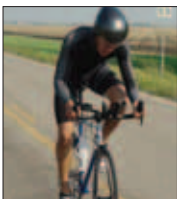
Page 6

Lifting without weights



Page 13

10 down, 22 miles to go



Page 16

319th Air Refueling Wing

Mission: The 319th Air Refueling Wing is America's finest combat air refueling wing ... working each day to defend America's freedom and training to execute rapid global mobility in order to defend America's future.

This week in Airpower

On September 17, 1947 the National Military Establishment, with the new Office of Secretary of Defense, came into being as secretary of defense James Forrestal was sworn in.

Oct. 13 town hall meeting

To submit topics call 747-4522 or email commandersactionline@grandforks.af.mil

Reaching goals, setting new ones



Perspective

In times of disaster, we must do what we can

By Tech. Sgt. Scott T. Sturkol
421st Combat Training Squadron
Fort Dix, N.J.

Nearly seven months ago I went on a C-130 Hercules airdrop mission over the remote mountains of Afghanistan and witnessed a "between the peaks" airdrop of food, water, blankets and other humanitarian supplies to Afghan villagers trapped by snow and ice.

The Afghans were experiencing their worst winter in decades and the much-needed supplies helped them to survive.

It was during that flight, however, that I thought about many other things, particularly what brought me to that seat on that plane in the first place.

When the events of Sept. 11, 2001, took place, being part of something like an airdrop mission over Afghanistan was the furthest thing from my mind. All I could think about, like millions of other Americans, was, "What can I do to respond to this tragedy?"

There were no doubts in most people's minds that the attacks on the World Trade Center and the Pentagon were by terrorists so, as an Airman, I wanted to jump into action and help somewhere, somehow.

In the four years since that day, besides going on two deployments to support the Global War on Terrorism that took me away from my family for nearly a year; I've done all I can to help

people wherever I can do it, wherever I can do it. On deployments, it was helping to get aid to Afghans or Iraqis to make their lives better.

At home, I did my best to volunteer more of my free time to help with school fundraisers.

I've also taken my whole family out - which includes five people - to support events helping military veterans several times a year. I've donated money to causes that help people to the best of my ability.

Could I do more? Definitely. But I also know that my fellow Airmen continue to do as much as me and more. They are doing what they can to do make things better.

When Hurricane Katrina was heading for the Gulf Coast earlier this month, many of the Airmen I work with, along with myself, wondered what could happen in the storm's aftermath. It didn't take long to see the results.

And when the call came for a military response to support Joint Task Force-Katrina, now formed of people from all the services it brought together a joint effort to bring some relief and support to the hundreds of thousands of Americans who have suffered from this terrible storm. I don't know of a single Airman whom I work with who hasn't volunteered to do something to help.

For JTF-Katrina, there are tens of thousands of active duty, Guard and Reserve personnel on the front lines of

relief efforts from nearly every base in the Air Force and other military installations throughout the country doing what they can to help.

It's not confined to those forward personnel. Home station Airmen and their families are making an effort as well. For example, on Sept. 3 in my military family housing area at McGuire Air Force Base, N.J., a number of Air Force families teamed together to have a yard sale to raise money for the American Red Cross hurricane relief fund. The group succeeded in raising more than \$400 from their sale. It doesn't sound like much, but they were doing what they could do to help.

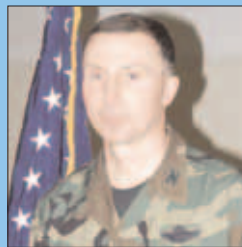
Many homegrown efforts, whether it's a yard sale, a clothing drive or something else are taking place to support displaced people from the hurri-

cane, and I know it will continue in the days, weeks and months ahead.

But thinking back on the airdrop mission over the mountains of Afghanistan, I remembered that many of the people on board that plane were happy they did something to help those stranded Afghans. One of the loadmasters told me as we stepped off the plane, "We can always do more."

Doing more and doing what we can - that is the true spirit of Airmen at their best. From Sept. 11, 2001, to today, Airmen have worked hard to do what they can to help people at home and around the globe.

Now, with JTF-Katrina, they continue to do what they can to do help. And if tradition holds true, Airmen will continue doing whatever they can, wherever they are called to do it, for years to come.



Col. Bill Bender
319th Air Refueling Wing
commander

Action Line

Call 747-4522 or E-mail
commandersactionline@grandforks.af.mil

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

19

Consecutive DWI-free days

Goal is zero DWIs.

THE LEADER

Warriors of the North



Photo Illustration by Senior Airman James Croxon

The Air Force fitness culture has changed from one of 'get fit before testing' to 'Warriors fit for deployment. For more see pages 13 - 16.

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➔ **Contact information** — E-mail: leader@grandforks.af.mil, Phone: (701) 747-5023

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➔ **Public Affairs** — Editorial content is edited, prepared, and provided by the 319th Air Refueling Wing public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length considerations.

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Warriors now able to carry over earned leave

Airmen who were recalled from or unable to take annual leave this past year for reasons such as support for contingency operations will be allowed to accumulate more than the normal 60 days after the fiscal year ends.

Special leave accrual carry over also applies to Air Force Reserve and Air National Guard members who performed full-time training or other full-time duties for more than 29 days.

Airmen who lost leave may carry the following leave amounts:

Up to 120 days for Airmen deployed or assigned to hostile fire/imminent danger pay areas;

Up to 90 days for Airmen who deployed or were assigned to other than hostile fire/imminent danger locations; and

Up to 90 days for Airmen impacted by significant and unforeseen opera-

tional mission requirements as a result of Hurricane Katrina.

Additionally, Airmen who lost leave as a consequence of assignments in support of contingency operations as of Sept. 30, 2005 are authorized restoration of the leave they lost.

"Airmen who believe they may be affected by this should contact the military personnel flight," said Capt. Frank Currier, MPF commander. "This program affords Airmen the opportunity to retain the leave they earned and subsequently could not use while deployed in support of contingency operations without the consequences of 'use or lose.' It's important to note that for the program to work efficiently, these Airmen should take leave they are carrying over now along with leave earned in the next fiscal year."

MXG gets new leadership

By Airman 1st Class Ashley Coomes

Public affairs

The deputy commander of the 319th Maintenance Group for the past year took command of the group Sept. 9.

Lt. Col. Michael England succeeds Col. Michael Saville, whose next assignment is at RAF Mildenhall, as commander of the 100th Maintenance Group.

Colonel England's career includes a broad variety of positions to include Commander of the 60th Component Repair Squadron, chief of tactical support aircraft for 15th Air Force and F-22 engine support manager.

He earned his bachelor's degree in geology from the University of Akron in 1983 and a master's degree in logistics management from the Air Force Institute of Technology in 1988. He entered the Air Force as a distinguished graduate of the Air Force Officer Training School in 1984.

In his more than 20 years of service, Colonel England has earned the Meritorious Service Medal with one oak leaf cluster and the Air Force Commendation Medal with one oak leaf cluster.

"We're sad that we must bid farewell

to a great officer and leader, Col. Mike Saville, but there is a genuine thrill of watching another tremendous officer, Lt. Col. Mike England, step to the forefront and grasp the MXG flag," said Col. Bill Bender, 319th Air Refueling Wing Commander, at the change of command ceremony.

"(Colonel England) is an outstanding Air Force officer and will be an outstanding group commander," added Colonel Saville during his farewell speech.



Photo by Airman Chad Kellum

Lt. Col. England addresses the 319th Maintenance Group after accepting command.

Cold War Heritage Plaza opening

By Senior Airman James Croxon
Public affairs

"Mr. Gorbachev, tear down this wall." Those words by late President Ronald Reagan signaled the end of the Cold War and the beginning of a new era. The Berlin Wall, however, was not the only brick and mortar to collapse with the era.

Two years ago, the Semi-Automatic Ground Environment in building 306 was demolished as a result of the 321st Missile Wing's retirement. At that time, the wing was the home of Minuteman III intercontinental ballistic missiles.

In remembrance of its Cold War heritage the base will celebrate the opening of the Cold War Heritage Plaza Friday at 4 p.m.

Construction of the plaza began this spring at a cost of \$189,500. "It includes 20 storyboards depicting different aspects of the Cold War at our base," said Mr. Wayne Koop, 319th Civil Engineer Squadron environmental flight chief. "It will also include the Warrior of the North statue, affectionately referred to by Airmen as 'Sven', decorative lighting, paved sidewalks, landscaping, and benches."

"The goal of the plaza is to commemorate an important era in

the history of the nation and the base," said Mrs. Kristen Rundquist, 319 CES cultural resources manager.

A retreat ceremony will follow the ribbon cutting and the day will culminate with an Oktoberfest wingman community event at Liberty Square featuring hotdogs, hamburgers, bratwurst, sauerkraut and other items.

"The role the base played in the Cold War is not only an important part of the base's history, but also the history of the state of North Dakota," said Mr. Koop.

Editor's note: parts of Tech. Sgt. Scott Sturkol's 2003 story were used in this article.

Cold War Heritage Park Ribbon Cutting Ceremony Sept. 16

4 p.m. Cold War Heritage Ribbon Cutting Ceremony.
4:30 p.m. Wing retreat ceremony immediately following.
Oktoberfest
4:45 p.m. Oktoberfest community event at Liberty Square.

The community event is sponsored by the chiefs and eagles and features German cuisine including bratwurst and sauerkraut. This event is open to the entire base, especially families of deployed members.

Cold War Heritage Park completes the community planning of integrating the new commissary, family support center, AAFES mall and community activities center.



Courtesy photos

Pictures of the Semi-Automatic Ground Environment system in the early 1960s. The SAGE "block building" was a prominent landscape feature of Grand Forks Air Force Base during the Cold War.

Women's Health provider

By Airman 1st Class Ashley Coomes
Public affairs

Recently, some base members have expressed some confusion about whether another women's health provider will come to base, following the departure of Maj. Jacqueline Allen in August. The answer is that a new women's health provider is expected to take patients in early October.

Since Major Allen's departure, the 319th Medical Group, has worked diligently to get a contract with a new provider, said Lt. Col. Rob E. Steed.

"Sending patients off-base was not a practical option," said Colonel Steed. "Waiting times

for women's health appointments downtown can be as long as three to four months. The drive to and from a downtown provider would also mean several hours of lost duty time for active duty members."

One of the other options considered was taking one of the clinic's providers away from regular duties to perform only women's health care. The idea was quickly discarded because it would take away from patients seeking other services, said Colonel Steed.

"We wanted the best approach to give all our patients optimal healthcare. We won't settle for second."

For more information call the clinic at 747-5420.

Women's Symposium

A rush of brisk autumn air hits your face as you step out of the building. Where did I park my car? Straining to see through the darkness, you set off in the presumed direction of your car, fumbling through your purse for the keys. Why do they always end up on the bottom anyway? You hear heavy footsteps directly behind you. Feeling uneasy, you quicken your pace. The steps behind you also hasten. A burst of adrenaline sinks your stomach as you realize you are no longer alone. Instinctively, you clutch your purse tighter. Your heart accelerates. Breathing labors. Mind races. Should you run? Should you turn around to face your pursuer? How should you react.....?

Self Defense---no longer IF you need it, but WHEN you may need it. Come and find out more at the Women's Health Expo, Saturday, October 1st at the Fitness Center from 1-4pm.

Pre-register to be entered to win a door prize at 701-747-5546.

Source: 319th Medical Group

News

Main Gate Opening

The 319th Security Forces Squadron will start operating the new gate Saturday. Many changes to traffic flow onto and off of the base will take effect with the opening.

The main gate will go back to its original hours of operation, 24 hours a day, seven days a week for all traffic. Department of Defense personnel with unescorted access privileges onto the base may use the gate. Those who want to sponsor visitors on base can process them at the new Visitor Control Center at the main gate. The temporary VCC at the trailer in Sunflake housing will continue to process contractors and vendors until the south gate is fully operational. Starting Monday, the exit gate near Eielson School will be closed.

Starting on Sept. 29, the south gate will be open Monday through Friday, from 5 a.m. until 10 p.m., for vehicles with long trailers or boats. In an effort to reduce congestion, contractor and vendor badges will be issued out of the new Large Vehicle Inspection Station at the south gate. Also, all inbound traffic should bear right towards the LVIS after exiting Highway 2. The existing inbound lane will no longer be used. Three lanes will lead to the LVIS. Lanes one and two will be used to process and inspect large commercial vehicles. Lane three is the by-pass lane for military personnel who have trailers/boats and contractors arriving in passenger vehicles. Lane three will also lead to the parking lot for small commercial vehicles requiring a pass prior to entry.

Each gate will also have new security features, so drivers should pay close

attention to traffic signs and lights. The speed limit will remain 15 mph. A flashing yellow light means proceed with caution and a steady red light means STOP.

In the very near future, issue and turn in of restricted area badges and vehicle registration will move from the VCC housing to military personnel flight.

The design of the new gates enhances force protection efforts.

AF Climate Survey

The Air Force Climate Survey will be available Oct. 1 to Nov. 23 at <https://afclimatesurvey.af.mil>.

The survey is designed to enhance the quality of life for active duty, guard and reserve members, as well as appropriated and non-appropriated fund civilians. It addresses such issues as quality of leadership in the work center or unit. The feedback is used to pinpoint areas in need of praise or improvement at the base level.

POW/MIA 5K run/walk

A Prisoner of War/Missing in Action 5K run/walk will be Sept. 24, at the University of North Dakota armory located at the intersection of Centennial Drive and Campus Blvd. next to the North Dakota Museum of Art. Check in time is at 9:15 a.m. with a 10 a.m. run time. Cost is \$8 for pre-registration or \$10 on the day of the race. Registration forms are available at the Memorial Union Information Center on the UND campus. All proceeds go to charity.

For more information call Cadet Rebecca Herrera at (701) 610-9441 (days) or (701) 777-5981 (evenings).



Match-up Winners

(Top) Staff Sgt Joseph Burdette, 319th Operations Support Squadron, and (bottom) Kimberly McBride, received their Match-up prizes from Col. Bill Bender, 319th Air Refueling Wing commander and Chief Master Sgt. Harry Viel, 319th ARW command chief, Wednesday (Photos by Christine Davis).

Warriors salute Air Force heritage



Photo by Airman 1st Class Chad Kellum

Mr. Dennis Potter, Mrs. Stephani Conley, Chief Master Sgt. Harry Viel, Airman 1st Class Garrett Dawson, Maj. Gen. Quentin Peterson, and Col. Bill Bender cut the Air Force birthday cake.

By Airman 1st Class Ashley Coomes
Public affairs

One of the highlights of Sept. 10's Air Force Ball at the Alerus Center was a speech by Maj. Gen. Quentin Peterson, 18th Air Force vice commander, recognizing how Airmen perform the most difficult tasks, but somehow make it look easy.

Air Force pararescuemen plucked stranded victims from roof tops after Hurricane Katrina. They made it look easy, but in reality they put in long hours of training only to work even longer hours, said General Peterson.

Col. Bill Bender, 319th Air Refueling Wing commander, also shared words of wisdom, along with his appreciation for everyone involved in making the ball happen.

"I also want to recognize those men and women who were unable to attend the ball because they are performing their duties," said Colonel Bender, referring to the hundreds of

Warriors deployed across the globe in support of the war on terrorism.

Miss Emily Custer, 15, performed her song "Thank You," which she wrote and composed to express her appreciation of the military. A slide show of patriotic and military photos also accompanied her performance.

"I respect and appreciate all that military members go through and sacrifice for our country," she said.

Another highlight was a video, produced by Staff Sgt. Christina Nelson, 319th Communications Squadron, of base Airmen and leadership expressing their thoughts and feelings about being in the military.

After closing remarks, attendees' mess dress jackets were removed to reveal unique "party shirts." The Air Force Jazz Band began to play as those compelled by the rhythm made their way to the dance floor.

"The entire program was enjoyable," said General Peterson. "The 'Thank You' song and the video were great additions to make the ball very meaningful."

Remembering 9/11

By Staff Sgt. Amanda Callahan
Public affairs

Sept. 11, 2001, is a day burned into the memories of all Americans. As the nation deals with the recent tragedy of Hurricane Katrina, many Americans are also reminded of the events of four years ago.

More than 100 Airman participated in a remembrance ceremony Sept. 9 in front of the Wing Headquarters Building to honor the men and women who gave their lives on that fateful day.

After an invocation by Lt. Col. Michael J. Weber, 319th Air Refueling Wing chaplain, Lt. Col. Jeff Gillen spoke about his experiences at the Pentagon on 9/11. He recalled the Pentagon shaking as the plane hit, the smoke and the emotions of the people.

"We secured our work and evacuated from the north side of the building to the banks of the Potomac River," he said. "We quickly accounted for each other and stared quietly as the smoke plume rose over the injured icon of America freedom."

"Shortly thereafter, a startling sound of freedom roared 100 feet over our heads," he said, referring to the sudden sight of an Air

Force fighter jet.

"We knew that we now had air superiority, we had the upper hand; we were back in charge," he said with emotion.

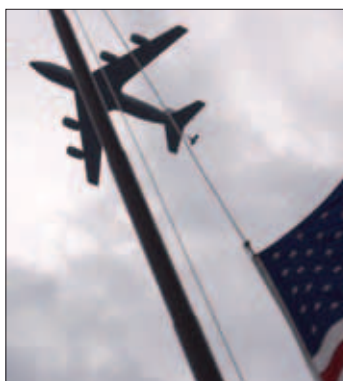
Colonel Gillen's account of the day was followed by a rhetorical question from Col. Bill Bender, 319 ARW commander, about the price the country is paying to defend itself; "can we afford the cost of doing nothing?"

"The global war precipitated by what occurred on 9/11 is a conflict that will most likely last longer than any military conflict of the last century," he added, noting "This struggle requires the patience and commitment of the American people. Their support for our military, like yours for this wing, needs to remain strong because of what is at stake - literally everything."

Colonel Bender ended his speech by calling for a moment of silence in memory of patriots who had given their lives for freedom.

The sounds of a KC-135 and F-16 flyover eventually broke the silence, followed by retreat, a 21-gun salute and the playing of taps.

Gray clouds loomed overhead as the ceremony concluded, with an honor guard member declaring in a somber voice, "Sir, the colors are secure."



A wing KC-135 flies over the base headquarters building during a moment of silence for the victims of the 9/11 tragedies.



Photo by Airman 1st Class SerMae Lamkin

Airmen look at the newly-unveiled 9/11 Flag, which bears the names of everyone lost in the terrorist attacks.

News

Airmen from the block



Photos by Airman 1st Class Patrice Clarke

Airmen living in the dorms were treated to a free meal and fun sponsored by the chapel staff, chiefs and first sergeants Sept. 9 in front of the dorms. (Above) Airman 1st Class Jennifer May, 319th Services Squadron, samples the free meal during the Dorm Dweller's Block Party.

(Below) The chaplains stretch their muscle against their assistants during the event.



Safety

Whether hot or cold - think safety

By Staff Sgt. Heather Tevebaugh
Human Performance Training Team

It's a simple fact that a body that's in good physical shape and aerobically conditioned has a far better chance of safely enduring the rigors of life in the Air Force.

Exercise should be a regular habit to reap all of its benefits. To get started, set realistic goals, give yourself a chance to adjust to your new routine and, most importantly, listen to your body. If you have difficulty breathing, experience faintness or prolonged weakness during or after exercise, see your doctor.

Although there are only a few more weeks of "hot" weather left here in Grand Forks, there are some tips those deploying to warmer climates should remember:

- Try exercising during cooler or less humid times of day, like early morning or evening.
- Drink plenty of fluids, especially water.
- Avoid alcohol, which encourages dehydration.
- Stop at the first sign of muscle cramping or dizziness, this can be the onset of heat exhaustion.

There are also some tips for those of us spending the winter bundled up in Grand Forks:

- Dress in layers, wear gloves or mittens to protect your hands, and wear a hat or cap. Up to 40 percent of body heat is lost through your neck and

head. Remember to adjust the size of your shoes to wear thicker socks.

- Your muscles tighten up to keep warm, so give them a slow warm-up before you start running outside.
- Drink plenty of fluids; you can get dehydrated in the winter, too.
- If you experience shivering, drowsiness or disorientation, stop, you may need treatment for hypothermia.

There are also some exercise tips that are good year-round:

- Let someone know where you're going and when you'll be back.
- Carry identification with you when exercising outside.
- Exercise indoors when it's wet or cold.
- Build in a short warm-up with a longer cool-down period to decrease risk of injury.
- Avoid strenuous exercise for one to two hours after eating.
- Wear sturdy, well-fitting shoes appropriate for your activity.
- Wear brightly-colored clothing when exercising outdoors, and add lights and reflector tape to your body or bike if you exercise after dark. Wear helmets and safety pads if appropriate.
- Move against traffic if you must run or walk on the road, and don't let headphones distract you from observing traffic and other safety hazards.

The bottom line is no one is immune from injury. There have been six reported here this year alone. By following these tips you can stay safe whether exercising here or overseas.



Photo by Master Sgt. Scott Davis

Pulled from the wreckage

Local firefighters help evacuate students from a school bus during a joint wing/community major accident response exercise Wednesday east of the base. During the scenario, the bus was damaged in a terrorist attack. Base security forces and fire department assisted the Emerado police and fire department and Altru Hospital emergency response teams at the scene.

Local Area

State has much to offer in September

School may be in session, but there are still plenty of summer activities happening around the state.

Here's a short list of some of the things to see and do in North Dakota in September:

Threshing Shows Statewide

Fall means the crops are ready for harvest. It also means threshing shows across the state, which offer a look at how farmers handled harvest in past years.

Harvest related shows include:

Central North Dakota Stream Thresher Reunion, New Rockford, Sept. 16-18; (701) 947-2201.

Fullerton Steam Threshing Show, Fullerton, Sept. 17-18; (701) 375-7521.

Folkfest Downtown Street Fair Bismarck (through Sunday)

The downtown street fair features more than 150 arts, crafts and food booths. You can spend a day wandering from booth to booth, and never get hungry.

There are food choices for nearly every appetite. The street fair runs Sept. 16-17. Sharing some of that time is Folkfest, which will be held Sept. 10-18. The community-wide festival features food, music, arts, outdoor fun and a parade.

For more information about Folkfest, call 701-223-5660; or online at www.bismarckmandan.com.

Sunflower Festival Enderlin (Today - Sunday)

Enderlin's largest annual event features activities for all ages. There's a chili contest, music, carnival and street fair, street dance, city-wide rummage sales and plenty of sunflower-related events.

For more information, call (701) 820-0121; or online at www.enderlinnd.com.

AppleFest Ellendale (Sept. 24)

The sixth annual event features a parade, softball tournament, rib fest, bike show, hayrides, games, music and more.

For more information, call (701) 349-4103; or online at www.ellendalend.com.

Sheyenne Valley Arts and Crafts Fall Festival

Fort Ransom (Sept. 24-25)

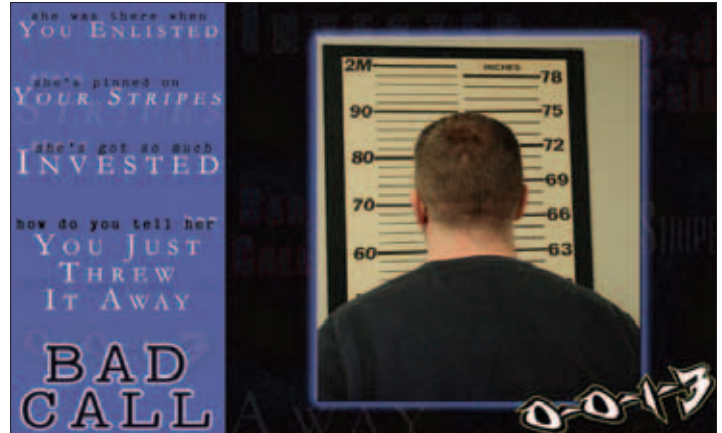
More than 150 vendors attend this

two-day arts and crafts festival in Fort Ransom.

The town is at the entrance to Fort Ransom State Park and is on a national scenic byway.

For more information, call (701) 973-4461.

These events and activities offer an opportunity to have an adventure without venturing far from home. Go to www.ndtourism.com or call 800-435-5663 or 701-328-2525 for more information on other events throughout the state.



Base Activities

Today

Oktoberfest

Immediately following the 5 p.m. retreat ceremony there will be an Oktoberfest celebration at Liberty Square featuring bratwurst, sauerkraut and other fare. Free skating will follow.

See page four for the schedule of events prior to Oktoberfest.

For more information call the command chief's aide at 747-4513.

Polo Park Shopping

Spend the day exploring stores at Polo Park shopping mall in Winnipeg, Man. Cost is \$20 per person. Sign up today at outdoor recreation.

For more information call 747-3688.

Valleyfair

Outdoor recreation will travel to

Shakopee, Minn., Saturday to Valleyfair amusement park. Cost is \$50 per person and includes transportation and gate admission. Sign up today at outdoor recreation.

For more information call 747-3688.

UND vs. Augustana

The football game begins at 7 p.m. at the Alerus Center.

For more information or for tickets call the community activities center at 747-6105.

Saturday

UND Potato Bowl and Parade

The parade begins at 9:30 a.m. in downtown Grand Forks and East Grand Forks. The football game follows at 1 p.m. at the Alerus Center.

For more information call 747-6105

Sunday

Fall Classic 2-Man Scramble

Tee time is 9 a.m. Cost is \$20 per team (includes entry, green and cart fees).

For more information call the Plainsview Golf Course at 747-4279.

Tuesday

UND vs. Dickenson State

The football game begins at 2 p.m. at the Alerus Center.

For more information or for tickets call the community activities center at 747-6105.

Wednesday

Specials at the Arts and Crafts Center

Wood turnings and Styrofoam balls are 25 percent off (through Sept. 30) and silk flowers are 50 percent off all month. For more information call 747-3482.

Fitness Center Classes

Yoga is at 9 a.m., aerobics 11:45 a.m., pilates are at 4:30 p.m., and cycling is at 5:30 p.m. Classes are free and no sign ups are required. For more information call 747-3384.

Auto Skills Specials

Get three hours free to use a stall or a hoist by installing a block heater during September (just present your receipt during the next 30 days).

Feature

Good nutrition from foil pouch

By Senior Airman James Croxon and Mrs. Denae Grove
Public affairs, health and wellness center

Good nutrition doesn't end when Airmen deploy. Although Meals Ready to Eat may be the only source of food for some Airmen, being picky about what you consume from them can help you retain your predeployment figure.

Basic Nutrition (source: U.S. Army, and not vendor's guarantee)				
Entree	Calories	Protein gm.	Fat gm.	Sodium mg.
Beef Stew	267	30	10	1040
Corned Beef Hash	330	30	13	870
Meatballs & Rice	376	33	15	1400
Spaghetti & Meat	241	23	7	1100
Tuna & Noodles	255	26	9	600
Omelet & Ham	221	23	13	940
Ham Slice	153	26	5	1360
BBQ Pork & Rice	443	32	25	830
Chicken a la King	281	30	14	970
Chicken & Rice	290	31	11	1040
Chicken Stew	250	19	10	35



Menu 1

Chicken with Rice
Crackers (2-pack)
Strawberry Jam
Chocolate-Covered Cookie
Beverage Base, Orange
Accessory Pack A*

Menu 2

Pasta & Vegetables
Crackers (2-pack)
Strawberry Jam
Applesauce
Tabasco™ Bottle
Chocolate-Covered Cookie
Accessory Pack B**

Menu 3

Beef Stew
Crackers (2-pack)
Strawberry Jam
Chocolate-Covered Cookie
Beverage Base, Orange
Accessory Pack A*

Menu 4

Chili Macaroni
Crackers (2-pack)
Strawberry Jam
Tabasco™ Bottle
Chocolate-Covered Cookie
Accessory Pack B**

Menu 5

Chicken with Salsa
Crackers (2-pack)
Strawberry Jam
Applesauce
Chocolate-Covered Cookie
Beverage Base, Orange
Accessory Pack A*

Menu 6

Cheese Tortellini
Crackers (2-pack)
Strawberry Jam
Tabasco™ Bottle
Applesauce
Chocolate-Covered Cookie
Accessory Pack B**

Accessory Pack A*

Salt
Toilet Tissue
Matches
Chewing Gum

Accessory Pack B**

Salt
Toilet Tissue
Matches
Chewing Gum
Coffee
Cream Substitute and Sugar

Packing pleasing pouches for deployment to school

By Staff Sgt. Shaleika Anderson
Base nutritionist

It's that time of year again: back to school. For some parents, that also means back to packing lunches. The very thought can intimidate even the most well-prepared parent.

What on earth can you pack in that brown bag day after day? Will your child eat the lunch, trade it for a doughnut or throw it away? Whether you're packing for the kids or the office, the following tips can help liven up your lunchbox:

One of the most important tips to remember is that the meal should be

nutritious as well as delicious. This is especially true for young children because high sugar foods can lead to poor concentration at school.

Next, think variety. Try new foods to keep lunches from getting boring and unappealing. Use the USDA's Food Pyramid as your guide to creating a healthy and appetizing meal.

A good lunch should include a protein food such as meat, fish, cheese, eggs, nuts, dried beans or the perennial favorite, peanut butter; a grain product -- bread or crackers (preferably whole-wheat) or cereals; a fruit or vegetable, preferably one of each and a dairy product such as milk, yogurt or cheese.

For sandwiches, try whole-wheat or sesame crackers, home-made rolls or muffins, pita bread, tortillas, or unleavened bread.

For a treat that's extra nutritious dress up plain old peanut butter with raisins, chopped nuts, bananas, apples, or pineapple.

Last night's chicken, without the high-fat skin, can be sliced or chopped and mixed with mayonnaise or salad dressing and shredded raw vegetables.

Fresh fruits need little preparation. When canned varieties are used, look for those packed in their own juice or light syrup. They have less sugar than heavy syrup. As for beverages, choose

low-fat milk products, fruit and vegetable juices, or bottled water.

For some people lunch wouldn't be complete without dessert. While prepackaged puddings, fruit pies or cupcakes are convenient, they are full of excessive calories. Pre-washed and pre-cut fruits and vegetables can double for dessert. You can also try graham crackers, baked chips, pretzels, or yogurt.

For other fun-filled, healthy menu ideas, join the Health and Wellness Center for a Healthy Cooking Demonstration today at 11 p.m. For more information or to sign up call the HAWC at 747-5546.

Fitness

Wing success stories show lifestyle changes

Minor leagues to Olympic competition

By AIC Angel Romero
319th Civil Engineer Squadron

How do we stack up?				
	USAF	AMC	GFARF	319 ARW
Not tested		1%	0%	0%
Overdue	3%	8%	4%	3%
Exempt	11%	6%	8%	9%
Poor	5%	2%	4%	4%
Marginal	2%	3%	3%	3%
Good	61%	64%	61%	61%
Excellent	16%	16%	20%	20%

All I ever wanted to be was a professional baseball player. By age nine I made the little league majors and was a starter. At 11, I made my first all-star team. I got better through my team and eventually played through my senior year. I was picked as a weekend player that could play every position well.

I was 16 when I went out for cross country. Our school had the worst cross country team in the league. Our first meet, and my first race, was against the second worst team in the league. I was shocked. I had never been beat that bad in any sport. I ran 24:58 for 3 miles and I wanted to cry. I thought about quitting, but my parents encouraged me to stick it out. So, I did.

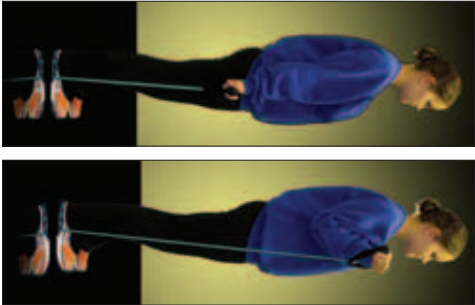
By the end of the season, I improved. At the league finals, I finished 19th out of 50 runners. I also ran a personal best time of 18:05 for 3 miles. It was then that I knew for sure that I wanted to be a runner.

I started doing yoga about one and a half years ago because I suffered from lower back pain and sciatica, and the physical therapist suggested it.



routine and have even been teaching for a few months. With a doctor's approval, regular classes and check-ins at the HAWC, anyone can be a winner or in my case, a loser.

No equipment? Deployed? Try these exercises to stay prepared for next year's test



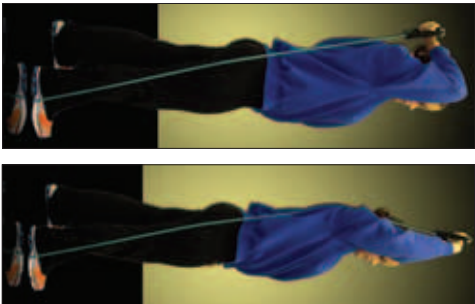
Biceps Curl

Keep your elbows to your sides as you bring your hands upwards, palms facing up.



V-Lift

Sit on buttresses in V-position. Grasp, pulling forces and chest together. Return to starting position.



Triceps Extension

Keep your back straight and your elbows as close to your ears as you can. Press your palms upward.



Push Ups

Keep body and head in alignment, go down until the elbows are bent to 90 degrees (a right angle), then up until elbows are fully extended.



Superman

Lie on your stomach and extend your legs towards the ceiling. While keeping your legs extended, bring your arms out in front of you (most challenging) or behind you (beginner level).

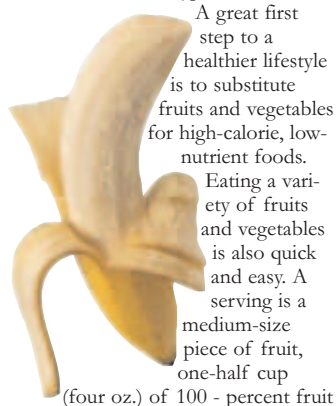
Fit to Fight

Energize, mobilize for better health

By Staff Sgt. Shaleika Anderson
Base nutritionist

September marks the start of National Five-A-Day Month, which encourages people to eat five servings of fruit and vegetables each day. It is an excellent time for families to learn more about the importance of eating fruits and vegetables. A diet that includes a variety of fruits and vegetables along with regular physical activity offers many health benefits to Airmen and their families.

By adopting a healthy lifestyle, you can reduce your risk of heart disease, diabetes, and certain types of cancers.



A great first step to a healthier lifestyle is to substitute fruits and vegetables for high-calorie, low-nutrient foods. Eating a variety of fruits and vegetables is also quick and easy. A serving is a medium-size piece of fruit, one-half cup (four oz.) of 100-percent fruit



or vegetable juice, one-half cup cooked or canned vegetables or fruit, one cup of raw leafy vegetables, or one-quarter cup dried fruit.

Here are just a few quick tips to help get your family on the road to better health:

- Encourage your family to help make the grocery list and prepare dinner. That way, everyone can select his or her favorite fruits and vegetables.

- Add your favorite fruit to cereal or yogurt. Pack a pita full of chopped veggies, have a salad, vegetable soup or fill a baggie with cut fruits and veggies to munch on.

- Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes and berries. - Fill ice cube

trays with 100 percent juice (put in toothpicks) and enjoy the mini-popsicles in no time. By making it fun and involving your kids, they will be more likely to eat healthy foods, and they'll learn the basics of eating right.

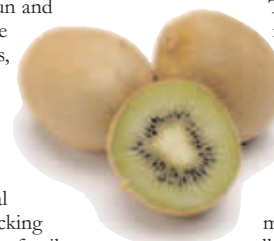
- Start a healthy competition in your family by tracking everyone's fruit and vegetable consumption as well as physical consumption for a week. Use the tracking chart for every member of your family. Enter the number of daily vegetable and fruit servings and activity minutes each day. Total them up at the end of the week and see who ate the most fruits and vegetables and who participated in the most physical activity.

Get physically active. Regular physical activity is essential for your health. To decrease the risk of several chronic

diseases, you should strive for at least 30 minutes of moderate-intensity physical activity three to five days each week. While any physical activity is better than none, additional health benefits can be gained by engaging in more. Try doing things that are fun for the whole

family, such as biking or a nice family stroll after dinner.

Throughout the month of September, the Health and Wellness Center will have many Five-A-Day activities available about For more information, call the HAWC at 747-



5546.



Staff sergeant changes lifestyle, fitness goals

Goes from mandatory PT to voluntary PT to PT every day

By Staff Sgt. Matthew Herlevi
Wing command section

When my boss first told me that we had to meet at the Fitness Center on Wednesdays at 6 a.m. in the beginning of June, I was less than enthused. Without fail, it was hot and humid every Wednesday, and being from Michigan's Upper Peninsula, muggy weather was not exactly my cup of tea.

The first time we ran the 5K loop, it wasn't pretty. Let's just say it involved a hard 35 minutes and a viewing of my previously-consumed breakfast. Even though the office had a good laugh, and a clever respelling of my name, from Herlevi to "Hurl-evi," it wasn't a pleasant experience. Something needed to

change. Also, my fitness test was quickly approaching.

I started going to the fitness center three to four times a week, setting small goals for myself. I started off with the treadmill where I would listen to some music and run the mile and half at a comfortable pace. When that got to the point where I felt I wasn't getting a good enough workout I increased the speed.

To keep my attention span on the workout program I began to alternate some of my running goals. For example, Monday would be a 30-minute run at a medium pace. I took Tuesdays off and ran the office 5K on Wednesdays. Thursdays would be 30 minutes on the elliptical machines along with some Nautilus training. Fridays I took off, but to make up for the pizza I ate that night, Saturdays would be a 30-minute hard run. I would run for 4 minutes and sprint for one minute. Sunday's run would be the one I actually looked forward to; a slow jog for about 45 minutes.

It's amazing how my attitude changed. I had a lot of things on my mind this summer between work

and my upcoming move. I actually found running to be a great stress reliever. Now every time I get stressed out, I look to the treadmill to put it into perspective.

I can focus, clear my mind, and as lame as it sounds, get a runner's rush which turns into clarity.

During the September Fun Run I had a personal goal for myself: 27 minutes, (eliminating 8 minutes off of my usual time). It was a small goal, but I wanted to set something realistic. The starting pistol shot and I was off and feeling good. I looked at my watch every mile, and calculated that I could make it. On the final stretch, I looked at my watch and saw that it read 25:46. I know I could make it. The next thing I knew my legs were moving and I made it across the line at 25:56, my best time ever. I ran to the finish line and fell to the ground. Col. (Scott) Reese came over to me said, "Good job, let me shake your hand before you hurl." The only thing I could say was, "Did I make it?" Then he told me my time and I was ecstatic. And for the record, I did not hurl.

Base chapel

CATHOLIC:

Sunday Mass: 9 a.m., Sunflower Chapel.

Weekday Mass: 11:30 a.m., Monday, Wednesday and Thursday, Sunflower Chapel.

Reconciliation: 8:30 to 8:45 a.m., Sunday, Sunflower Chapel, or by appointment by calling 747-5673. CCD and RCIA classes, including Sacramental programs, began September 11 at Twining Middle School. Classes are open to children age 3, as of Aug. 31, and older. Nursery service is available for infants and toddlers.

For details on educational programs, call Jane Hutzol at 747-3073.

PROTESTANT:

Traditional Worship: 11 a.m., Sunday, Sunflower Chapel.

Contemporary Worship: 6 p.m., Sunday, Prairie Rose Chapel.

Protestant Youth of the Chapel:

6:30 p.m., Wednesday, Prairie Rose Chapel annex.

Sunday School and Adult religious education classes are being held at Eielson Elementary School. Classes begin at 9:30 a.m. Buses will run in the housing area by registration.

For more information contact Carol Shower 747-3071.

JEWISH:

B'nai Israel Synagogue, 775-5124

INTERFAITH CALENDAR

UPCOMING DAYS:

(For information only.)

Saturday: Feast of Mithra - Zoroastrian

Monday: Lailat al Bara'ah - Islam

Wednesday: St. Matthew Day - Christian

Thursday: Mabon * - (Fall Equinox) - Wicca

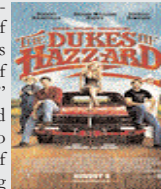
For information regarding the interfaith calendar or for all other religious information, call: 747-5673.

Base theater

Today and Saturday, 7 p.m.

The Dukes of Hazzard (PG-13)

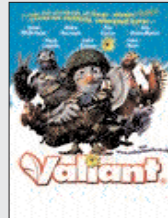
Based on the hit television series that ran from 1979-85, *The Dukes of Hazzard* follows the adventures of "good old boy" cousins, Bo and Luke Duke, who with the help of their eye-catching cousin Daisy and moonshine-running Uncle Jesse try and save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg.



Sept. 23, 7 p.m.

Valiant (G)

The animated comedy tells the story of a lowly wood pigeon named Valiant, who overcomes his small size to become a hero in Great



Britain's Royal Air Force Homing Pigeon Service during World War II. The RHPS advanced the Allied cause by flying vital messages about enemy movements across the English Channel, while evading brutal attacks by the enemy's Falcon Brigade.

Sept. 24, 7 p.m.

Four Brothers

After their adoptive mother is murdered during a grocery store hold-up, the Mercer brothers -- hot headed Bobby, hard-edged Angel, family man and businessman Jeremiah, and hard rocking Jack -- reunite to take the matter of her death into their own hands. As they track down the killer, they quickly realize that their old ways of doing business have new consequences. Its not as predictable as you might think



Tickets: \$1.75 children, \$3.50 adults.
For details call 747-3021/6123

Sports

Warriors of the North spin into competition

Saturday morning Sept. 10 dawned fair and breezy but good enough for the 19th annual "Warrior of the North" bike race. The only biggest challenge was the wind. Gusting at times to over 25 miles per hour, it was a factor for most of the 29 competitors participating in this year's event.

Results of the 32-mile competitive race by age group are:

40 and up:

1st Gerald Finken in 1 hr 21 min 25 sec
2nd Dave Yearwood 1 hr 28 min 58 sec
3rd Dennis Nelson in 1 hr 28 min 59 sec

30 to 39:

1st Gabe Malmberg in 1 hr 21 min 26 sec
2nd Rick Laliberte in 1 hr 21 min 28 sec
3rd John Hanson in 1 hr 21 min 33 sec

20 to 29:

1st Kent Throlson in 1 hr 28 min 49 sec
2nd Brian Abraham in 1 hr 28 min 52 sec
3rd Dave Simmons in 1 hr 37 min 28 sec

17 to 19:

1st Jon Kays in 1 hr 31 min 38 sec
2nd Brian Sprague in 1 hr 37 min 37 sec
Results of the 16-mile novice race by age group are:

40 and up:

1st Chris Both in 1 hr 5 min 6 sec
2nd Tom Kays in 1 hr 17 min 57 sec

30 to 39:

1st Phyllis Ford in 1 hr 1 min 22 sec
2nd Ruston Ford in 1 hr 9 min 56 sec

20 to 29:

John Ertle in 55 min 14 sec

17-19:

Brian Kays in 56 min 45 sec

Under 17 honorable mention: John Clark (age 11)
in 1 hr 10 min 1 sec

The bike race, sponsored by Outdoor Recreation and the 319th Services Squadron is part of the base's on-going effort to bring competitive road racers from the wing and community together. This year's event drew racers from the base, Grand Forks, Bismarck, Fargo, Casselton, East Grand Forks Minn., Moorhead Minn., Thief River Falls Minn., and Dilworth Minn.

"We thank all the racers who participated. We hope they had as much fun racing as we did putting it on, and we hope to see them next year," said John Gorman, Outdoor Recreation director.



Photo by Christine Davis

Military and local civilians weave through a sea of bicycles to begin of the two bicycle races.

Flag Football schedule

Tuesday

5:30 p.m. LRS vs. MSS/SVS

6:30 p.m. SFS vs. CES

7:30 p.m. MDG vs. MXS

Wednesday

5:30 p.m. OSS vs. CS

6:30 p.m. MXS vs. MSS/SVS

7:30 p.m. MDG vs. LRS

Airman's Attic Ribbon Cutting

Friday, Sept. 22 at 10:30 a.m.

Reception to follow

For more information call Mrs. Peggy Walker at 747-3241